



Labor Day Recreation And Duty Safety Brief

Off-

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The Role Of Alcohol FY 99-03

**Alcohol affects
judgment and
reflexes**

**29% Alcohol-Related In
Sailors Recreation And
Off-Duty Fatalities**



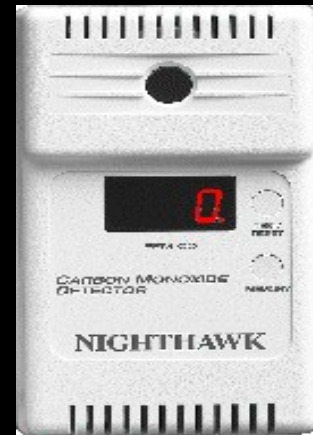
Carbon Monoxide Poisoning

Hazards

- ❖ Missing Co Alarm
- ❖ Fresh Make-up Air Vent Closed, Faulty Furnace,
- ❖ Blocked Chimney Flue
- ❖ Fuel Space Heaters
- ❖ Dirty/Clogged Air Filters
- ❖ Return Air Vent Obstructed

Controls

- Install Alarm
- Establish Appropriate PM Schedule - QA Work
- Disallow Use In Quarters
- Change Filters Quarterly
(Monthly For Pets)
- Keep Furniture Away From Vents



Ladder Safety

- **Use the right ladder for the job**
- **Inspect before use**
- **Metal ladder + electricity = death**
- **For every 4 ft of the ladder's length you must come out 1 ft from the wall**



Home Maintenance

- **Follow the Manufacturer's Safety Recommendations**
- **Inspect Power Cords for Cuts, Frays and Broken Plugs**
- **Use PPE**



Barbecuing Safety


- **Well Ventilated Areas Outdoors**
- **Approved Lighter Fluids, No Gasoline**
- **Stand Upwind When Lighting Grill**
- **For Propane Grills, Open Grill Cover Before Lighting**
- **After Cooking, Shut The Propane Bottle Valve Off & Let The Gas In The Lines Burn Out**



Lightning Kills

- **Stay Inside Away From Windows**
- **If Outdoors Stay Away From Water Metal Objects And Under Trees**
- **When Outdoors Put Your Feet Together, Duck Your Head, Crouch Down And Put Your Hands Over Ears**

Swimming Safety

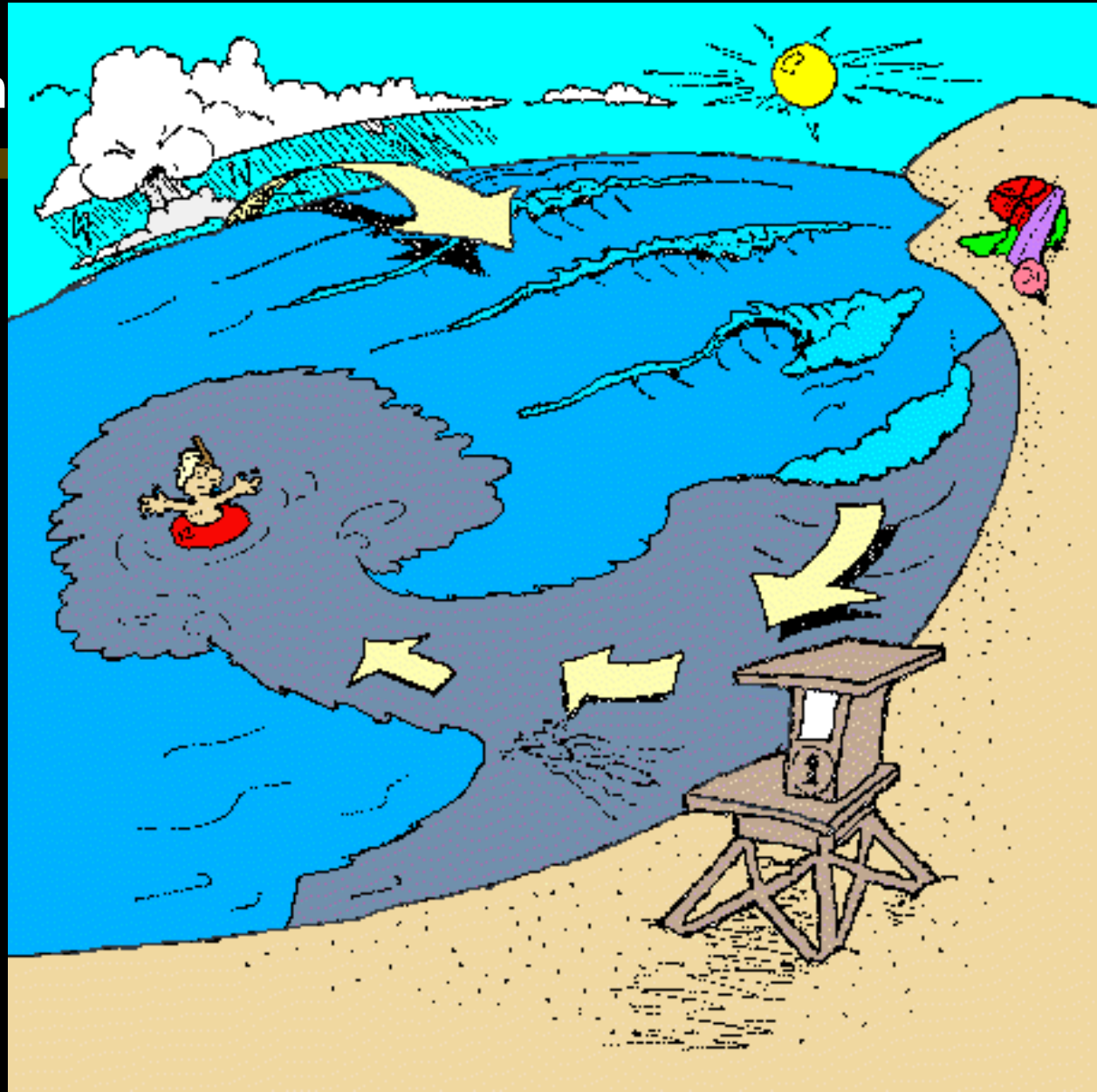
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- **Know How To Swim**
 - **Swim With A Friend**
 - **Swim In Areas With Life Guards**
 - **No Hyperventilating & Extended Breath-Holding Technique**
 - **Look Before You Leap**

Beware Of Rip Currents

If you find yourself caught in a RIP CURRENT, turn and swim PARALLEL to the shore line.

Once out of the stronger current turn and swim into shore.

If you attempt to swim against the RIP CURRENT, you will most likely succumb to fatigue and



SCUBA Diving Safety

- **Certification**
- **Dive Tables**
- **Dive With A Buddy**
- **Two-thirds Rule**
- **Guidelines For Specialized Diving**
- **Hand Signals**



Preventing Boating Accidents

- Take A Safe Boating Course

(Call 1-800-368-5647)

- Monitor Weather Conditions
- Wear PFDs
- Load Capacity

- Float Plan
- Keep Clear Of Swimming And Diving Areas
- Non-Alcoholic Beverages
- Safety Equipment

Temporary Insanity II



Fall Fishing Can Be Deadly

- **Keep Clothing On**
- **Avoid Thrashing Around**
- **Wear A PFD**
- **If Boat Capsizes Climb Back Into Or On Top**



Personal Watercraft (PWC) Safety

- **Safety Training**
- **Dead Man Switch**
- **PFD**
- **No Wave Jumping**
- **Do Not Ride In
Swim Areas**
- **Do Not Exceed
Posted Speed Limit**
- **Observe Safety Rules**



Prevent Hunting Mishaps

Hazards

- **Inexperience**

- **Not Visible**

- **Accidental Discharge**

- **“In Harms Way”**

- **Falls From**

Controls

Hunter’s Safety Course

Wear Blaze Orange

**Separate
Guns
& Ammo**

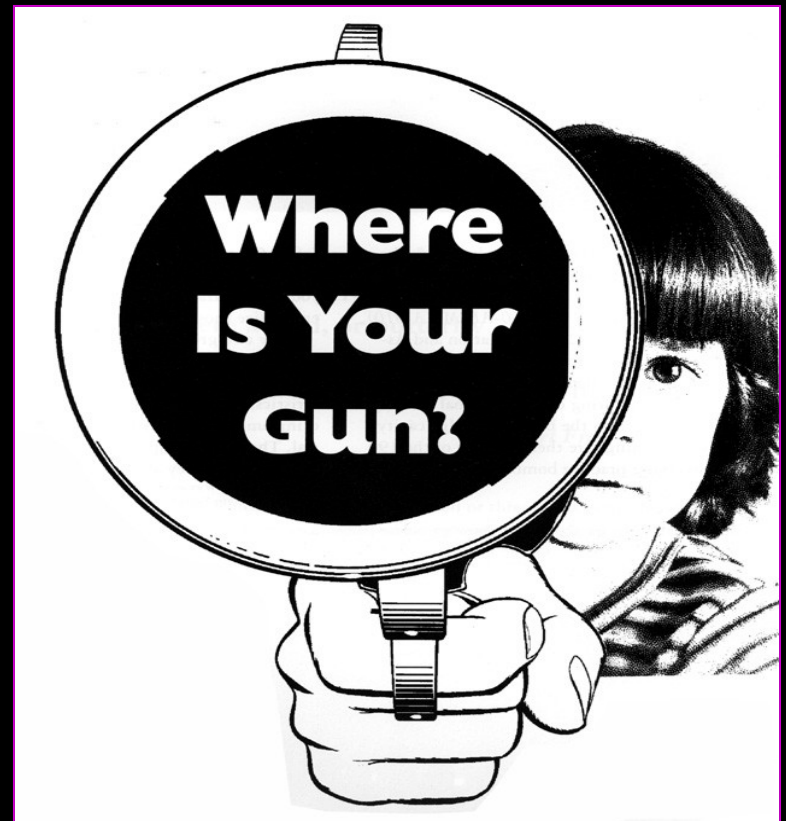
If In Doubt Don’t Shoot

Inspect Stands - Use Harness



Small Arms Safety

- ❖ **Small Arms Safety Course**
- ❖ **Assume Firearms Are Loaded**
- ❖ **Know Your Target**
- ❖ **Separate Guns And Ammo**



Basketball

Hazards

- Poor Conditioning
- Skill Level
- Lack Of PPE
- Violation Of Rules

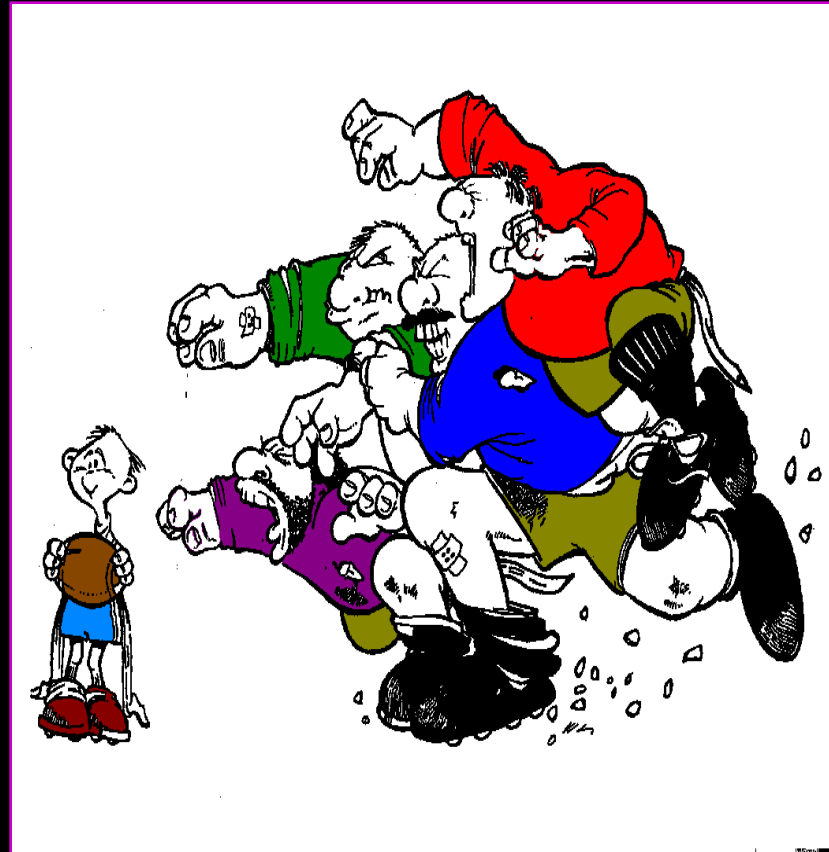
Controls

- Warm-Up/Cool Down
- Play Within Your Ability
- Appropriate Shoes
- Elbow/Knee Pads
- Mouth Piece
- Remove Jewelry/
- No Horseplay
- Wipe Off Moisture



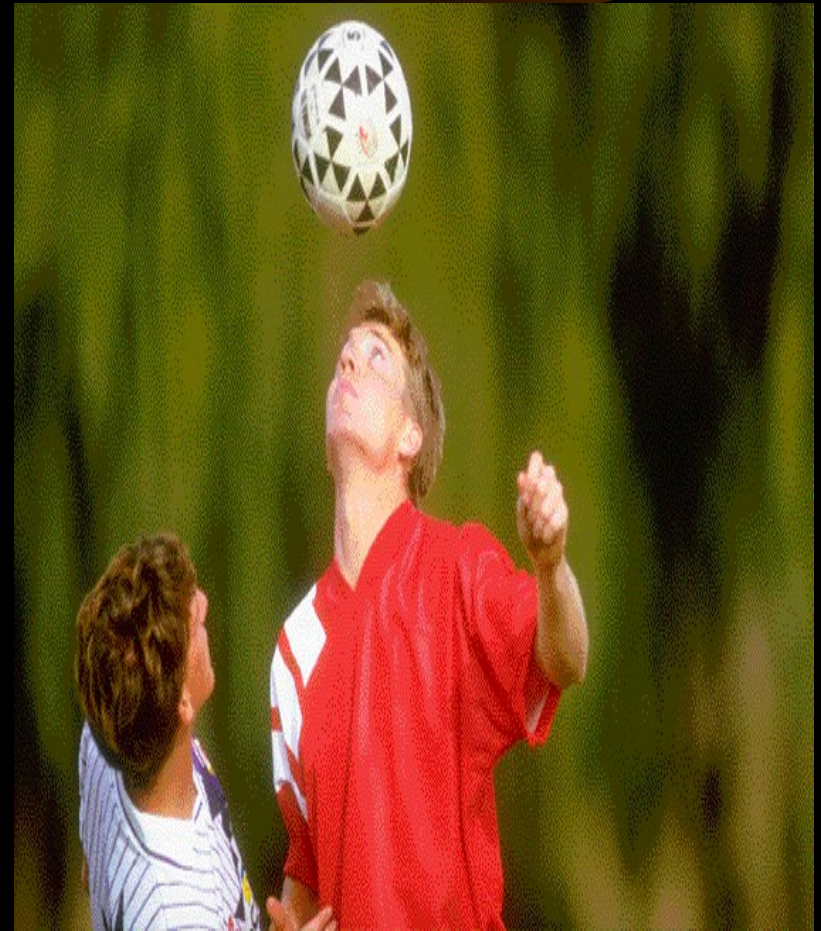
Flag Football

- ◆Billed Caps Prohibited
- ◆Block Between Shoulders And Waist
- ◆Fumbles Can Not Be Advanced
- ◆Rubber Cleats Or Tennis Shoes



Soccer Safety

- **Ensure You Stretch Adequately**
- **Goal Posts Anchored**
- **Wear Appropriate Shoes**
- **Shin Guards**
- **Drink Plenty Of Water**
- **No Unsportsmanlike Conduct**



Racquetball Safety

- **Wear Eye Protectors With Lenses Made of Polycarbonate**
- **Ensure Playing Surface Isn't Slippery**



Weight Lifting

- ◆ Warm-up
- ◆ Spotter
- ◆ Collars
- ◆ Always Use Proper Form When Lifting
- ◆ Store Weights After Use



Busted On Base



What?
A Helmet
Requirement

- Reflective Clothing During Night, Rain Or Snow

- Ride With Traffic

- Walkman Radios Prohibited

Jogging Safety

- **Reflective Gear**
- **No Listening Devices**
- **Jog Against Traffic**
- **Drink Plenty Of Fluids**



Camping Safety

- CHECK WEATHER FORECASTS BEFORE YOU LEAVE
- WATER-REPELLANT AND WIND-RESISTANT MATERIAL FOR TENTS AND SLEEPING BAGS
- WEAR PROPER FITTING LAYER CLOTHING, BOOTS & CAP
- INSECT REPELLANT AND MOSQUITO NETTING
- COOLER FOR PERISHABLE FOODS
- NO COMBUSTIBLE MATERIALS WITHIN 10 FEET OF CAMPFIRE
- STAY ON MARKED TRAILS



Brown Recluse Spider

- **Midwest and Southern States**
- **1/4 to 3/4 inches in length (dime to quarter size)**
- **Tan to dark brown in color**
- **“Violin/Fiddle” marking**
- **Lives indoors or outdoors**
- **Severity of bite may vary**
- **Seek medical attention**



Rock Climbing Safety

- **Training**
- **Buddy System**
- **Weather Conditions**
- **Helmet**
- **Safety Equipment**



Off-Road Driving Safety

- **Required Training**
- **PPE**
- **Familiar With Equipment**
- **Stay on Designated Trails**
- **No Alcohol**



Rocking A Drink Machine May Cost You More Than A Soda



5 Step Process

1. Identify Hazards

2. Assess Hazards

3. Make Risk

4. Implement Controls

5. Supervise



Questions ?



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